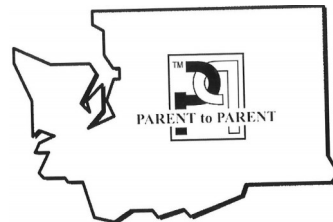


Island County Parent to Parent Newsletter

June 2021



Did you know there are groups in Washington State just for Men?

Washington State Father's Network.



We do our work by connecting men with each other and with resources and information, by training men to tell their story and advocate for change and by working to promote inclusion. They offer a valuable monthly newsletters as well. Check out The WA State Father's Network or join their email list, check out their website <https://fathersnetwork.org/> for more information. Mike Etzell Island County Chapter (360)678-7883 or WA State coordinator Louis Mendoza louis.mendoza@kinder.org (425)653-4286

Once restrictions are lifted and it is safe to gather, WA State Father's Network offers family camping opportunities, Annual Conference, Trainings, Fun Events and more. Join their FB Page or their mailing list to keep up to date. Parent to Parent also shares their information.

Network Virtual Meetings

- East King County – **welcoming men around the state**

Meeting on the second and fourth Thursday evenings of the month, from 7:30-9:30. Contact Robert at robert.thompson.wsfn@gmail.com to receive a meeting link.

- Snohomish County - **welcoming men around the state**

Meeting on the second and fourth Thursday evenings of the month, from 7:00-9:00 – *The meeting on the second Thursday of the month is designated as the all state virtual meeting.* The contact is Jake at jake@arcsno.org and the link to join is <https://us02web.zoom.us/j/83980800279?pwd=Y2dYbG0vUHphMWkrMWhsdnVOY1JXOT09>

}}} Another group is Dads MOVE, they serve all parents/caregivers of children with special needs, mental health, behavioral health, or emotional concerns across Washington State. (800)736-0979. They have a robust Facebook Page and monthly emailed newsletter.

****Happy Father's Day** from Island County Parent to Parent**

“ Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying “I will try again tomorrow!”

~Mary Anne Radmacher

Special Needs www.parentinginspecialneeds.org
All Quotes © Sargent & Lundy Foundation

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Want to know more about Parent to Parent? Check out our website and Facebook page.

<https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx>

Various Resource Guides

<https://www.facebook.com/islandcountyparent2parent>

(360)632-7539 Call/Text

Understanding the Bigger Picture

Federal Government

Supplemental Security Income - SSI

- *Basic Living Allowance
- *Linked to Medicaid
- *Implemented by State Community Service Office (CSO)

(800)772-1213

Social Security Administration - SSA

- *US Citizen
- *Medically Disabled
- *Apply at age 18 or younger based on income

www.ssa.gov (800)772-1213

Social Security Disability Insurance - SSDI/DAC

- *Paid into system through employment
- *Or based on parents
- *Medicare

(800)772-1213

State Government Department of Social and Health Services (DSHS)

Developmental Disabilities Administration - DDA

Can Apply at any age for:

- *Early Intervention Services (Birth-3)
- *Case Management
- *DD Endowment Special Needs Trust
- *Employment Support (as available)
- *Supported Living Program
- *Adult Family Home Referral
- *Personal Care Services (if eligible)

Island County Region 2
(800)788-2053
(360)544-6539
www.dshs.wa.gov/ddd

Home & Community Services - HCS

Services seniors and adults with disabilities who do not qualify for DDA

- *COPES (Physical Needs)
- *MPC (Personal Care)

Island County Region 3
(866)608-0836
<https://www.dshs.wa.gov/dda/consumers-and-families/home-and-community-based-waivers-hcbs>

Long Term Services & Info

- *Long Term Care Housing
- *In-Home Care for Adults
- *Caregiver Resources

Northwest Regional Council
(360)676-6749

Community Service Office CSO

- *Medicaid
- *Childcare
- *Food Stamps
- *Financial
- *Employment/Training

Island County (877)501-2233
www.dshs.wa.gov

DVR - Division of Vocational Rehabilitation

Begins working with students in their final year of school preparation for employment

(800)637-5627
www.dshs.wa.gov/ddd

Department of Services for the Blind - DBS

Services to support home, school, mobility & employment.

(800)552-7103 www.dsb.wa.gov

Local - Island County Developmental Disabilities

Contracts with Community Providers Include:

- Early Intervention Services (Birth—Three)
- Employment Providers (Job Development/Coaching)

DD Coordinator Mike Etzell (360)678-7883

Who do you call if you have a concern about your child's development?

Child Find

What is child find?

- ◇ Periodic Screenings able to identify possible delays in different areas. If you are concerned about your child having a delay in speech/language, physical movement/ motor skills (balance, coordination, etc), social/emotional/behavior development or you suspect learning difficulties that may affect their ability to learn, call the number above for a **FREE** screening.
- ◇ The good news is that you do not need a referral from a doctor, your concern is enough to proceed. If you have concerns, the earlier the screening, the better. Talk to your child's doctor whenever you have concerns, but no referral needed.

Early Intervention Services (EI): Ages Birth-3 years old

Toddler Learning Center (TLC)
Whidbey Island (360) 679-1039

Sherwood Community Services
Camano Island (360) 629-1236

School District Special Education: Ages 3-21 Call your local school district for dates and information

Oak Harbor School
District (OHSD)
Special Education Office
Ages 5-21
(360) 279-5071

OHSD Hand in Hand:
Ages 3-5 Preschool
(360) 279-5928

Camano Island
Stanwood/Camano
Island School District
Special Education Office
(360)6329-1239

South Whidbey School
District (SWSD)
Special Education Office
(360) 221-6808 x2206

Coupeville School
District (CSD)
Special Education Office
(360) 678-2404

Coping with COVID: Exhausted families

Taking Care of Your Mental Health During COVID-19.

Right now, many of us are feeling mentally, emotionally, and physically exhausted from the ongoing stress of living through a pandemic. Both kids and adults can experience exhaustion, where they may feel depleted, like they are running on empty, using up all their physical and emotional energy without a chance to recharge. These are all normal reactions to an abnormal situation, but that doesn't mean it's easy. It's important to understand these experiences so we can take steps to get through it.

Right now, adults might be experiencing:

- Irritability or angry outbursts
- Lack of motivation
- Trouble concentrating or remembering things
- Suspiciousness or being hyper-alert
- Headaches or stomachaches

Common behaviors in children and teens include:

- Moodiness or irritability
- Trouble sleeping
- School performance below their potential
- Unexplained stomachaches or headaches
- Regression, or acting much younger than their age

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).

 National Institute of Mental Health

www.nimh.nih.gov/findhelp

21 APPS

PARENTS SHOULD KNOW ABOUT

Courtesy of the
Sarasota County Sheriff's Office
SEPTEMBER 2019



PLENTY OF FISH



PLENTY OF FISH is a popular free dating app and website that encourages chatting with strangers. It allows users to browse profiles based on location.

HILY



HILY is a dating app where users can browse photos, engage in chats, send private videos and more. Based on the GPS location of a mobile device, strangers can arrange to meet up locally.

ZOOSK



ZOOSK is a location-based dating app and website similar to many others. The app is available in 80 countries and utilizes a "carousel" feature which matches users with random strangers.

MOCOSPACE



MOCOSPACE is a free social networking and dating app geared towards African American and Latino communities. Users can connect with strangers worldwide via text messages or voice calls.

BEST SECRET FOLDER



BEST SECRET FOLDER is specifically meant to "hide" photos and videos," according to app store descriptions. It features password protection, decoy videos and alarm settings.

MONKEY



MONKEY is a live video chat app that connects users to random strangers worldwide, offering group chat and private message options. It claims to be rated for ages 12 and up but has "mild sexual content and nudity."

MEETME



MEETME is a dating social media app that allows users to connect with people based on geographic proximity. As the app's name suggests, users are encouraged to meet each other in person.

GRINDR



GRINDR is a dating app geared towards gay, bi and transgender people. The app gives users options to chat, share photos and meet up based on a smart phone's GPS location.

SKOUT



SKOUT is a location-based dating app and website. While users under 17 years old are unable to share private photos, kids can easily create an account using a different age.

WHATSAPP



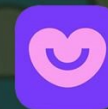
WHATSAPP is a popular messaging app that allows users to send texts, photos, voicemails, make calls and video chats worldwide. WHATSAPP uses an internet connection on smart phones and computers.

TIKTOK



TIKTOK is a new mobile device app popular with kids used for creating and sharing short videos. With very limited privacy controls, users are vulnerable to cyber bullying and explicit content.

BADOO



BADDOO is a dating and social networking app where users can chat, share photos and videos and connect based on location. While the app is intended for adults only, teens are known to create profiles.

BUMBLE



BUMBLE is similar to the popular dating app "Tinder" however, it requires women to make the first contact. Kids have been known to use BUMBLE to create fake accounts and falsify their age.

SNAPCHAT



SNAPCHAT is one of the most popular apps in recent years. While the app promises users can take a photo/video and it will disappear, new features including "stories" allows users to view content for up to 24 hours. Snapchat also allows users to see your location.

KIK



KIK allows anyone to contact and direct message your child. Kids can bypass traditional text messaging features. KIK gives users unlimited access to anyone, anywhere, anytime.

LIVEME



LIVE.ME is a live-streaming video app that uses geolocation to share videos so users can find out a broadcaster's exact location. Users can earn "coins" as a way to "pay" minors for photos.

HOLLA



HOLLA is a self-proclaimed "addicting" video chat app that allows users to meet people all over the world in just seconds. Reviewers say they have been confronted with racial slurs, explicit content, and more.

WHISPER



WHISPER is an anonymous social network that promotes sharing secrets with strangers. It also reveals a user's location so people can meet up.

ASK.FM



ASK.FM is known for cyber bullying. The app encourages users to allow anonymous people to ask them questions.

CALCULATOR%



CALCULATOR% is only one of SEVERAL secret apps used to hide photos, videos, files, and browser history.

HOT OR NOT



HOT OR NOT encourages users to rate your profile, check out people in their area, and chat with strangers. The goal of this app is to hook up.

For more information, contact Sarasota County Sheriff's Office Community Affairs at 941.861.4005



I want to add a couple more to be aware. **MyLoL**: Encourages you to send private messages to random strangers. **TBH**: Users answers questions anonymously about classmates, promotes bullying and targeting. **Burn Book**: Anonymously post photos, audio or texts about others. **After School**: An anonymous app that has been removed twice from AppStore because of threats, arrests, etc. Messages often include bullying and pornography. Some of these apps can be fun with the right guidance and boundaries.

Accessible Communities Committee of Island County Needs Your Input!

Who we are: A sub-committee operating under the Governor's Committee on Disabilities tasked with helping our communities be more welcoming and inclusive for persons with disabilities. We're seeking self-advocates, family members, providers and community members to join our committee.



Our mission: To identify barriers that people with disabilities, or at risk, experience while living or visiting Camano and Whidbey Islands. Funds are available upon approval of project through the Governor's Committee. We would love to hear your experiences and suggestions for future projects that would benefit our communities. See <https://accessiblecommunities.wa.gov/>

When we meet: 3rd Wednesday of the month via Zoom 1:00-2:00pm

Contact: Tiffany Wheeler-Thompson, Island County Parent to Parent Coordinator
t.wheeler-thompson@islandcountywa.gov or call/text (360)632-7539.

Examples of projects already approved and completed:

Island Transit Bus Stop Seats—making travel on the island more accessible to those that cannot stand for long periods of time or need a resting seat while waiting for their bus to arrive.

Island County Behavioral Health Resource Guide—A comprehensive list of resources for behavioral health services and support in Island County and beyond. Primarily used for first responders on calls that could benefit from a list of resources and other residents in Island County.

Coffee & Conversations

Casual **Virtual** gatherings offered Daytime - 11am-Noon and Nighttime on the **2nd Wednesday of the month**. 6:30-7:30pm. Call/text/email Tiffany with questions and to receive the Zoom link for the meetings.
t.wheeler-thompson@islandcountywa.gov

PAMI Padres Apoyando Motivando Informando

Grupo de apoyo en Español para familias de niños con necesidades especiales. **Primer Martes** de cada mes.
Laiza (787)529-6788

Whidbey Functioning Autism Social Group

We are an informal group that provides support, information and social fun for individuals on the Autism Spectrum. Contact Todd Brehmer finart@whidbey.net

People First Adults with disabilities that want to meet others with disabilities, build friendships, and promote inclusion in their community. Contact Call/text for more info
(360)720-4918.

Heritage Adventurers

A friendship group for 18 and over on Whidbey Island meets for outings and events Sue Andrew at (360)321-5748

Flying Fingers Deaf and Hard of Hearing Social. Contact Susan for more details. (360)221-0383

Island County Parent to Parent

Support & Resources for Disabilities in Island County

Tiffany Wheeler-Thompson, Coordinator
(360)632-7539 call/text
t.wheeler-thompson@islandcountwa.gov



**Check our Facebook page for up-to-date resources, information and activities
www.facebook.com/islandcountyparent2parent



** We are now on Instagram too!
https://www.instagram.com/parent_2_parent_island/

We have resource guides on our website:

- *Island County Parent to Parent Disability Resource Guide
- *Parent to Parent Autism Resource Guide
- *Island County Behavioral Health Resource Guide.

<https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx>